

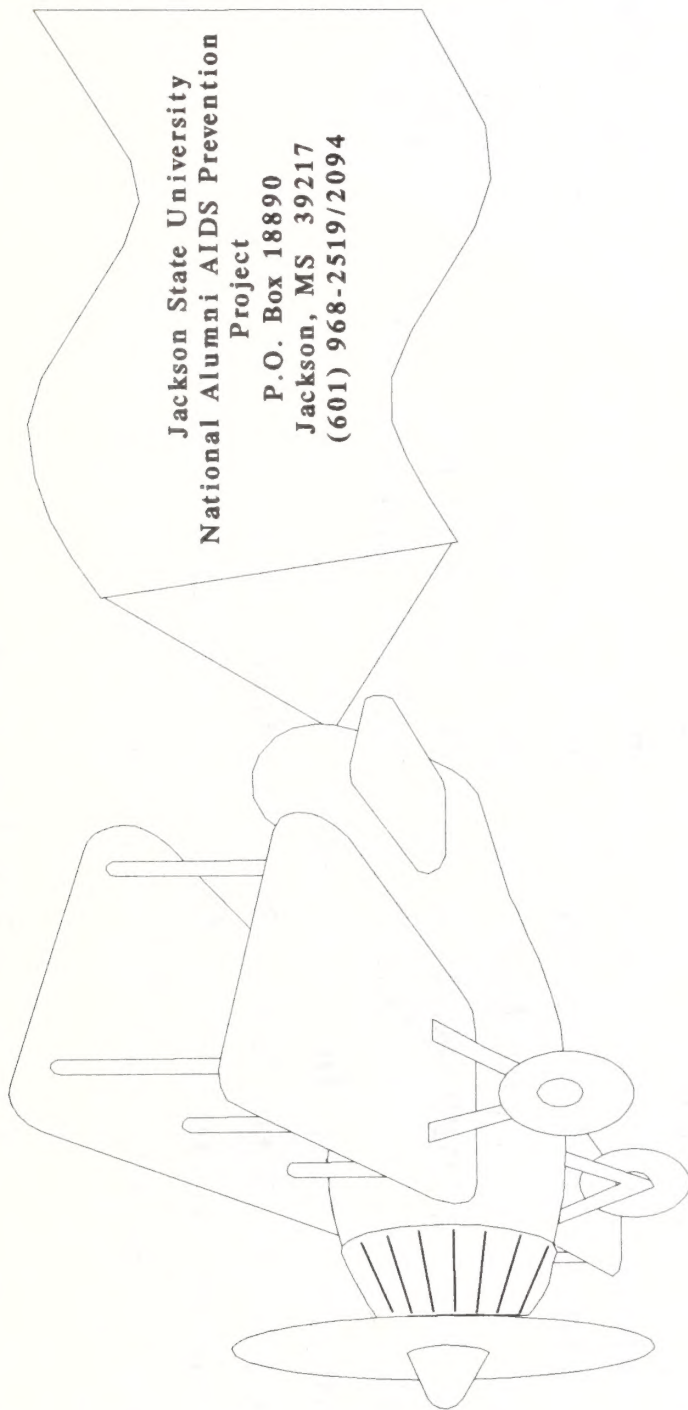
**I am 4 years old...
Tell me about AIDS...**

OFFICE OF MINORITY HEALTH
Resource Center
Call Toll-Free
1-800-444-6472

developed by

**Jackson State University
National Alumni AIDS Prevention Project
Veronica Hartwell and Peter Gaddis, Jr., Authors**

Funded by the Centers for Disease Control, Centers for Prevention Services, grant #H62/CCH403142 ✓



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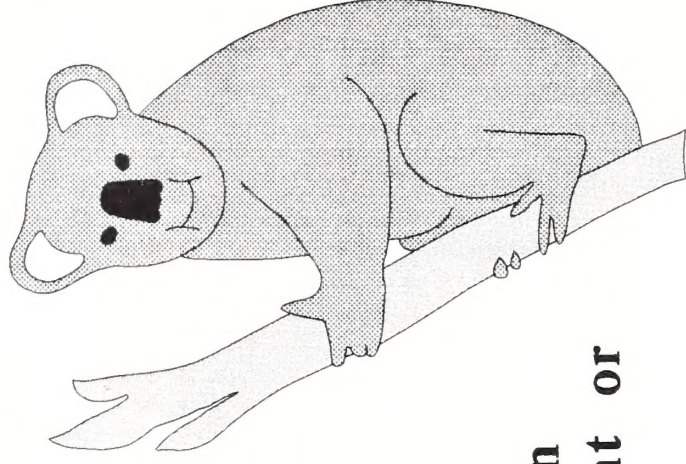
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Hello There!

This booklet, "I am 4 years old... Tell me about AIDS," is divided into 3 sections. Section 1 provides the teacher, parent, or provider instructions on how to use the information in the booklet. Section 2 provides a quick update on HIV and AIDS so the teacher, parent or provider can be prepared for the questions the kids surely will ask. Section 3 outlines the information so you can talk to the kids. So, are you ready?

Relax... This will be fun.

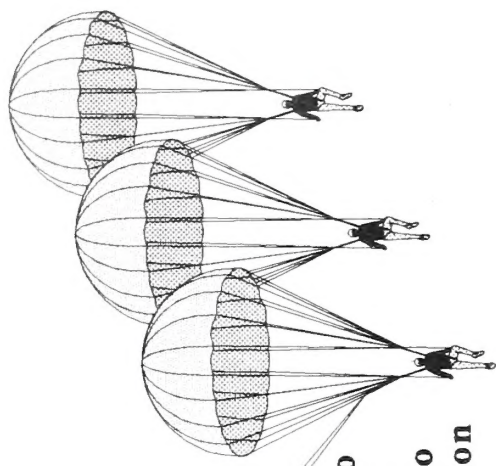


SECTION 1

**Come on,
It's Easy**



Some easy instructions



Teachers, parents, or providers - remember that all learning is done in small, frequent doses. Don't try to get through this booklet or teach everything that is in it in one sitting. The kids will not listen. DO try to use 5 to 10 minutes a day to talk about the information in the booklet.

Teachers, parents, or providers, your section can be completed in 5 minutes.

Section 3 will take much longer. In fact, if your kids are really good listeners, you can complete section 3 in 5 days providing you cover 4 pages daily and spend an average 10 minutes per session. It may take some classes longer. Here's how to use the booklet -

administer the booklet's pre-test. The pre and post tests are located in the back of the booklet. Read each question and answer aloud. Ask the kids to raise their hands if they know the answer. Count the number of kids who raise their hand for each response and write the number down.

2

open the booklet and began talking, using the information outlined in section 3. Do not spend more than 10 minutes a day. However, if you feel that your kids are really attentive - Go for it.

3

after you have completed section 3, review it with the kids.

4

administer the post test using the same instructions that were used to administer the pre test.

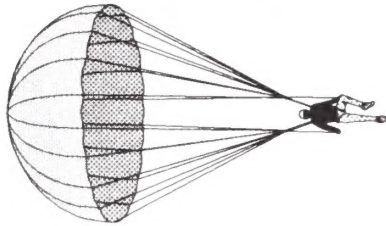
5

send all completed pre and post tests to the National Alumni AIDS Prevention Project
Jackson State University
P.O. Box 18890
Jackson, MS 39217

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Recommendation - The booklet is designed to enhance the kids knowledge. Therefore, use the large items on the pages to teach counting, colors, animals, and objects.

BE CREATIVE AND HAVE A TON OF FUN....



SECTION 2

**What do you
know about
HIV & AIDS?**





A brief update for Teachers, Parents & Providers

1. What causes AIDS?

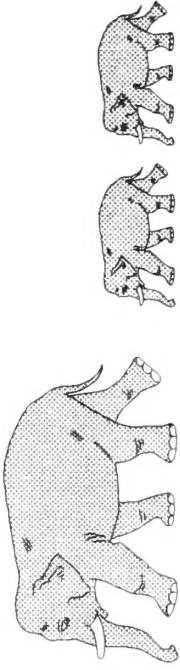
AIDS is caused by a virus called Human Immunodeficiency Virus (HIV). The virus breaks down the body's immune system, leaving the person defenseless against life threatening illnesses. HIV infection is the first stage of the AIDS disease. Most HIV infected individuals have no symptoms at all. They look, act, and feel well.

2. How is HIV transmitted?

HIV is transmitted from an infected person to another through direct exposure to their: semen, vaginal secretions, and blood products.

3. What are the symptoms of AIDS?

- *Unexplained, persistent fatigue.
- *Unexplained fever, shaking chills or drenching night sweats lasting longer than several weeks.
- *Unexplained weight loss greater than 10 pounds.
- *Swollen glands (enlarged lymph nodes usually in the neck, armpits or groin) which are otherwise unexplained and last more than two months.



*Pink to purple flat or raised blotches or bumps occurring on or under the skin, inside the mouth, nose, eyelids or rectum. Initially, they may resemble bruises but do not disappear. They are usually harder than the skin around them.

4. Ways HIV cannot be spread

- *Sitting next to someone with HIV.
- *Hugging someone with HIV.
- *Sharing eating utensils or glasses of someone with HIV.
- *Swimming in the same pool with someone with HIV.
- *An HIV infected person sneezing, coughing, or spitting on someone.

5. There is no cure for AIDS. At the present time, there are no tests designed to look for HIV, the virus that causes AIDS. The blood tests that are used (Elisa and Western Blot), look for the antibodies that have been developed by the body's immune system to fight off the invasion of HIV.



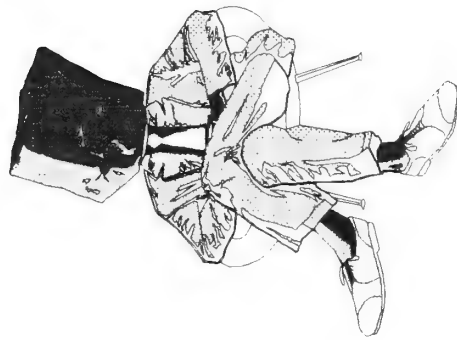
6. Ways to prevent contracting HIV

- *Abstinence - not having any sexual contact with a man or woman.
- *Monogamy - means having sex with your wife or husband only and no one else.
- *Practice safer sex - means you should use a condom and spermicides with nonoxynol-9, if you are not in a faithful single partner relationship.
- *Don't share needles and other drugs with sex - when mixing alcohol and other illicit drugs i.e., heroin, cocaine, and PCP, with sexual activity, the drugs may impair a your judgment on whether you care about who you are sexually involved with.
- *Don't share needles - means that you should not share needles when using any illicit drugs, steroids, tattooing, or ear piercing.



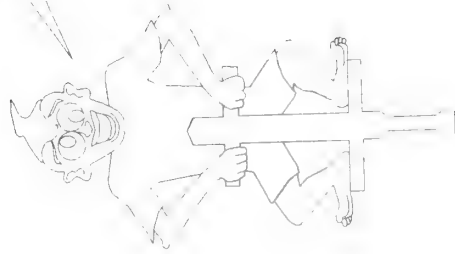
COMMUNICATE WITH YOUR PARTNER AND ASK ABOUT THEIR PAST.

SECTION 3

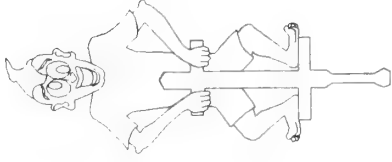


**You can talk
to kids about
HIV & AIDS**

**HEY KIDS...
THIS IS A STORY
ABOUT A MONSTER AND
ME (PETER THE EDUCATOR).
SHOUT AND JUMP UP
AND DOWN WHEN YOU
SEE THE MONSTER, OK!**



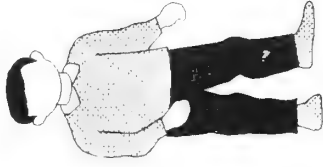
Characters



Peter the Educator

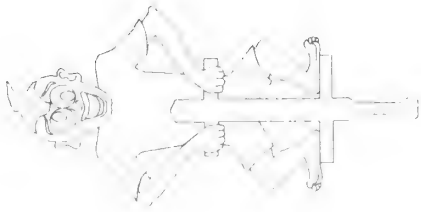


AIDS Monster

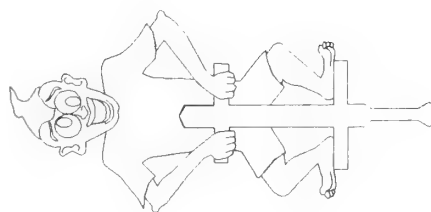


Students Name Here

**Hey Kids.. Have
you ever heard
grown-ups talking
about AIDS?**

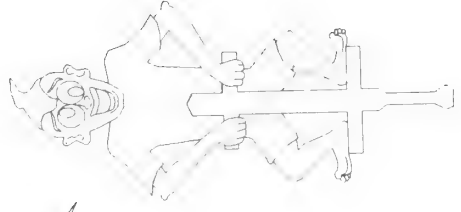


**Do you want
to know about
AIDS?**



2

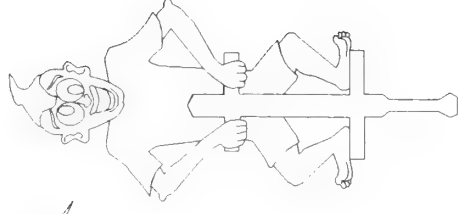
**AIDS is caused by a
virus named HIV
(Human Immuno-
Deficiency Virus).**



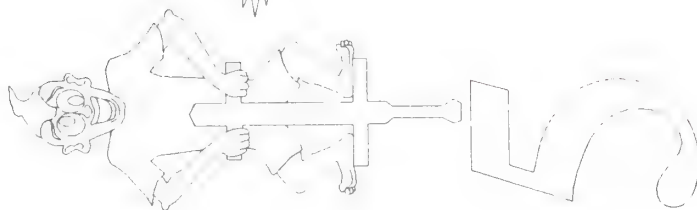
(FV2)

**Some virus' can make
you sick. But the HIV
virus can make you
very very sick.**

4

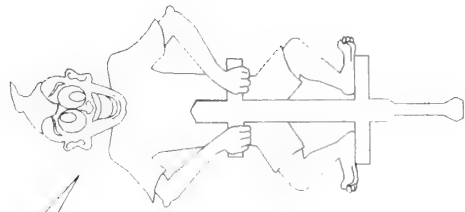
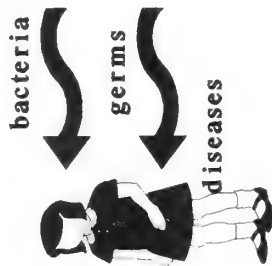



**HIV causes
the AIDS
Monster.**

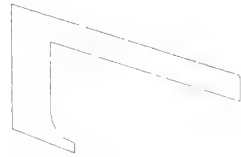
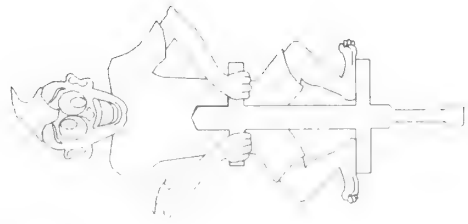




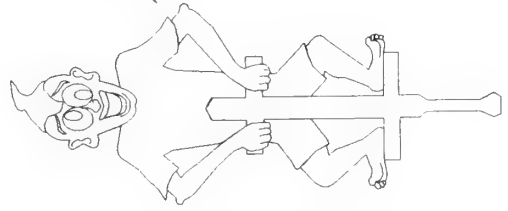
The can make
the body too weak to
fight off diseases.



Once the body is
attacked by the
, the girl or boy,
man or woman may
die.



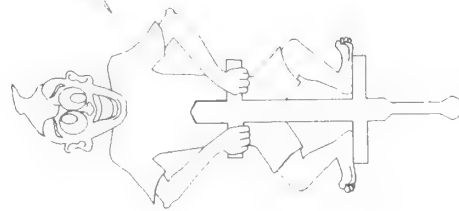
**Some people are
young when the
attacks. But they
do not know it until
they are grown up and
sick with the .**



8



The travels
from one person
to another
through sex
and other body fluids.



9

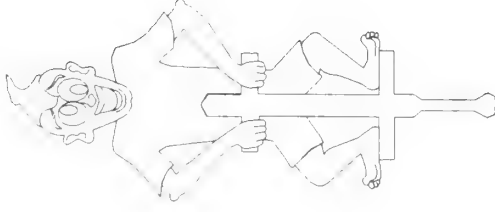
**How do you know if you
have been attacked by the
You may...**

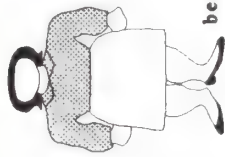


be tired



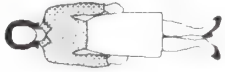
**have swollen glands
in your neck**





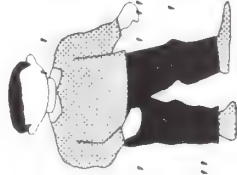
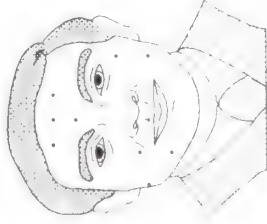
before

have lost weight

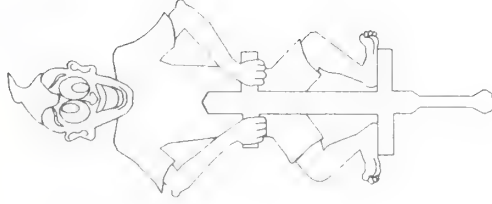


after

have spots on your skin

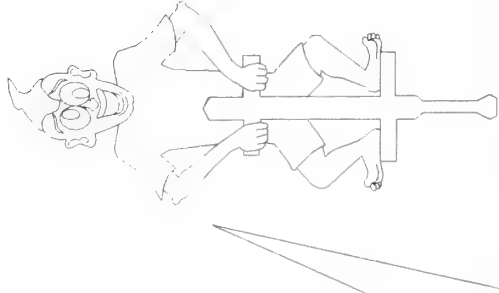


sweat and have fever



11

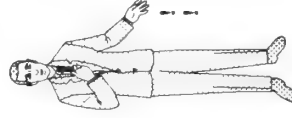
12



have dry cough



have unexplained bleeding



?



experience forgetfulness

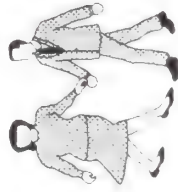
**Kids.. you cannot be attacked by
the if you:**



sit next to someone



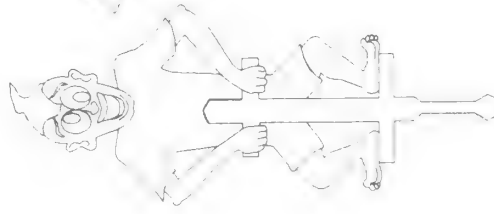
hug someone



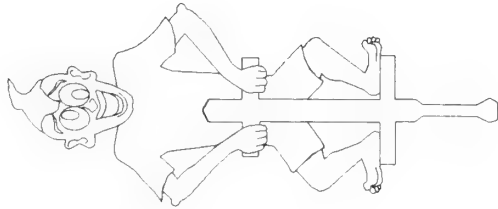
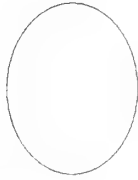
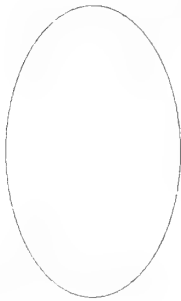
hold and shake hands



accept served food




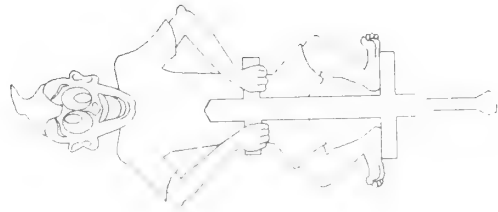
**There is no cure
for the .**



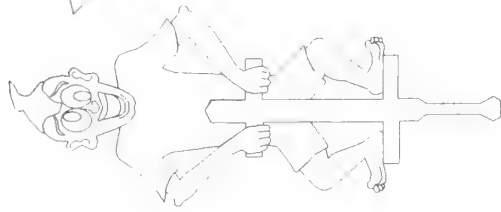
14

So....

**Do not use drugs.
Do not have sex, and
the  will not
attack you.**



15



**Remember to tell your
mom, dad, sisters, and brothers
not to have sex with a lot of
people and not to use drugs,
because if they do, the
could attack them.**



**may make them very
very sick and they
may die.**

Kids..
Ask your teacher to
tell you more about
the .



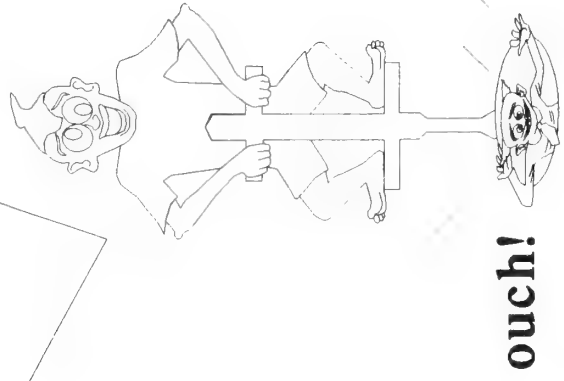
17

Stay safe and healthy
and help me tell more
kids and grown ups about
the .



Help me pounce it
out.

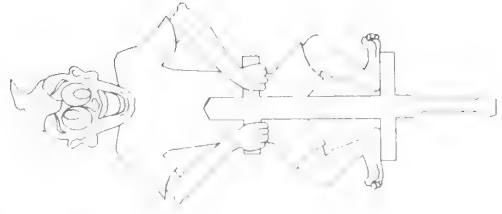
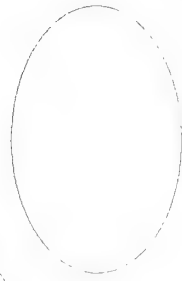
18



ouch!

ouch!

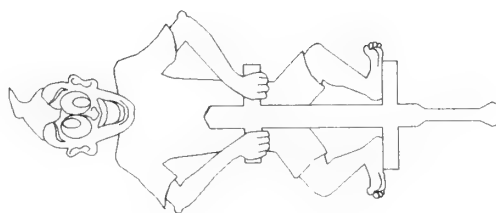
**Good-bye
Kids..**

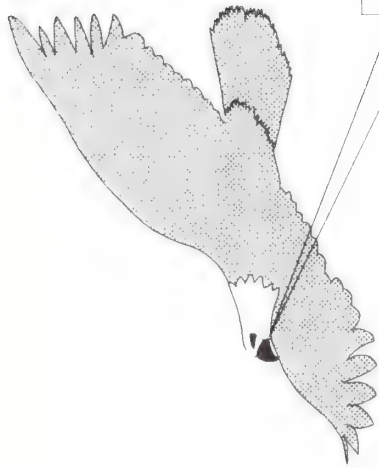


19

**THE
END**

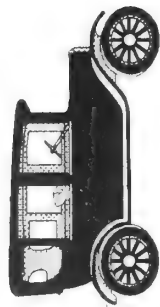
20





**The pre and post tests
are on the next
page.**

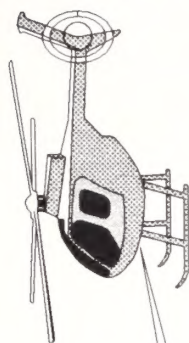
Pre Test Questions



The following questions are designed to assess the students' knowledge about AIDS before you talk with them about the AIDS monster. Please identify the most effective way to get the kids to respond to the questions.

1. Have you ever heard about AIDS?
Yes --- No ---
2. What causes AIDS?
a. Hugging ---
b. Shaking Hands ---
c. Playing Together ---
d. A Virus ---
3. Does the virus make you sick?
Yes --- No --- Don't Know ---
4. Is there a cure for AIDS?
Yes --- No --- Don't Know ---
5. Can a girl or boy die if AIDS attacks the body?
Yes --- No --- Don't Know ---
6. Is AIDS spread by using drugs and having sex?
Yes --- No --- Don't Know ---
7. Does AIDS make the body too weak to fight off diseases?
Yes --- No --- Don't Know ---

Thank You



Post Test Questions

The following questions are designed to assess the students' knowledge about AIDS after you have completed the AIDS booklet. Please identify the most effective way to get the kids to respond to the questions.

1. Have you ever heard about AIDS?
 Yes --- No ---
2. What causes AIDS?
 a. Hugging ---
 b. Shaking Hands ---
 c. Playing Together ---
 d. A Virus ---
3. Does the virus make you sick?
 Yes --- No --- Don't Know ---
4. Is there a cure for AIDS?
 Yes --- No --- Don't Know ---
5. Can a girl or boy die if AIDS attacks the body?
 Yes --- No --- Don't Know ---
6. Is AIDS spread by using drugs and having sex?
 Yes --- No --- Don't Know ---
7. Does AIDS make the body too weak to fight off diseases?
 Yes --- No --- Don't Know ---

Thank You

